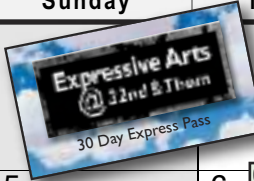




# NOVEMBER Offerings

**Giving THANKS for ART this month!**

**NO PREVIOUS ART EXPERIENCE NEEDED!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 *Offerings included in the <b>30-Day Express Pass Only \$99</b> (\$250+ value!)			<b>1 *Paint to Music</b> 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 pm	<b>2 New Visioning Journal Groups</b> start in January 4th, see back side for details!	<b>3 Painting in Oil or Acrylic</b> 11:00am - 2:00 p.m.	<b>4 Playback Theater Practice</b> 9:00 a.m. - Noon PlaybackTheatreSanDiego.com <b>Vickie's Art Show &amp; Fundraiser</b> 5:00 pm-8:00 pm
<b>5</b>	<b>6 Creative Families!</b> 10:00-11:00 a.m. <b>*Open Studio</b> 1:00-3:00 pm <b>Creative Kids!</b> 3:30-5:00 pm	<b>7 *Women's Expression Session</b> 10a.m.-Noon <b>Creative Kids!</b> 3:30-5:00 pm <b>Let's Listen</b> 6:30 - 8:30 p.m.	<b>8 *Paint to Music</b> 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 pm	<b>9 New Visioning Journal Groups</b> start January 4th, sign up now!	<b>10 Painting in Oil or Acrylic</b> 11:00am - 2:00 p.m.	<b>11 Paint, Sculpt, Collage</b> 10:30 a.m.-12:30 p.m. <b>2nd Saturday Family Creators</b> 1:00-3:00 pm
<b>12 *Art Church</b> 10:00 a.m. <b>Art in Action</b> Reading, conversation and book signing 4:00 -6:00 p.m.	<b>13 Creative Families!</b> 10:00-11:00 a.m. <b>NO Open Studio</b> <b>Creative Kids Mini-Veterans Day Camp</b> 2:00-5:00 pm	<b>14 *Women's Expression Session</b> 10a.m.-Noon <b>Creative Kids!</b> 3:30-5:00 pm <b>*Music Collective</b> 7:00 -9:00 p.m.	<b>15 *Paint to Music</b> 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 pm	<b>16 New Visioning Journal Groups</b> start in January 4th, see back side for details!	<b>17 Painting in Oil or Acrylic</b> 11:00am - 2:00 p.m.	<b>18 7th Anniversary Party &amp; Art of the Studio Show Opening</b> 6-9:00 p.m.
<b>19</b>	<b>20 NO Open Studio</b> <b>Creative Kids Thanksgiving Week Camp</b> 9:00 am-3:00 pm	<b>21 *Women's Expression Session</b> 10a.m.-Noon <b>Creative Kids Thanksgiving Week Camp</b> 9:00 am-3:00 pm <b>Let's Listen</b> 6:30 - 8:30 p.m.	<b>22 Creative Kids Thanksgiving Week Camp</b> 9:00 am-3:00 pm <b>*Paint to Music</b> 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 pm	<b>23 Make art part of your day with family &amp; friends!</b> Thanksgiving Day	<b>24 *Art Happy Hour</b> 7:00 -11:00 p.m. (Bring your friends & out of town guests!)	<b>25</b>
<b>26 *Art Church</b> 10:00 a.m.	<b>27 Creative Families!</b> 10:00-11:00 a.m. <b>*Open Studio</b> 1:00-3:00 pm <b>Creative Kids!</b> 3:30-5:00 pm	<b>28 *Women's Expression Session</b> 10a.m.-Noon <b>*Music Collective</b> 7:00 -9:00 p.m.	<b>29 *Paint to Music</b> 6:00-7:30 p.m. <b>*Open Studio</b> 7:30-9:00 pm	<b>30 New Visioning Journal Groups</b> start January 4th, sign up now!	<b>BOOK A DATE NOW FOR YOUR BEST EVER HOLIDAY, BIRTHDAY, FRIEND/FAMILY GATHERING or ORGANIZATION TEAM BUILDING EVENT! EVEN HAVE YOUR OWN ART SHOW!</b> <small>No art experience needed by your guests!</small>	

## UPCOMING SPECIALTY OFFERINGS:

See back for MORE & THE DETAILS for our REGULAR EVENTS

**Vickie's 3rd Annual Art Show & FUNDRAISER:** - Saturday, November 4th, 5:00pm-8:00pm Dancing Around the Oak Tree Art Studio Inc. provides art classes and events in the community for persons with disabilities. This studio helps build awareness and empowerment throughout the community of individuals with disabilities. All donations will be going for new materials for classes. Come support & buy art!

→ **ATTENTION ARTISTS: Donate art for the event! Bring it on Friday, November 5th, 2:30pm-6:00pm.** (Or make other arrangements.)

**NEW! Paint, Sculpt, Collage** - Saturdays, November 11th, December 9th & January 6th, 10:30 a.m.-12:30 p.m., \$20 each class. Join us for a fun art class; a creative facilitation of art making. Learn to do it effortlessly and at ease! Facilitated by: Saedeh Bani Rahimi, M.A., Expressive Arts Therapist. For info and RSVP contact Saedah at: saeedbaniart@gmail.com or (858) 245-3786.

**NEW! Art in Action** - Reading, conversation and book signing with **Ruth Sergel Author of "See You in the Streets"**- Sunday, November 12th, 4:00-6:00 p.m. The author's journey to commemorate the 1911 fire at the Triangle Shirtwaist Factory in New York City that took the lives of 146 workers was to fuse art, activism, and collective memory to create a large-scale public commemoration. A FREE community event..

**Join Us! Art of the Studio Show Opening & 7th Anniversary Party! Saturday, November 18th • 6:00 - 9:00 p.m.**  
 See a retrospect of this last year at the studio—works from different offerings and different artmakers.  
**A FREE community event open to all ages and a chance for YOU to make art, too!**

**For KIDS**

- Creative Kids After School** - Openings on Tuesdays, 3:30-5:00 p.m. Children will express their creativity and have fun experimenting.
- Creative Families** - Mondays at 10:00 - 11:00 a.m. You will deepen your relationship with your child through art making in this class.
- Creative Families 2nd Saturdays** - Saturdays from 1:00-3:00 - Nov. 11th, Dec. 9th & January 13th, \$25 per Saturday includes all supplies for the whole family. Join us for a Saturday afternoon of creative fun. Bring the whole family and enjoy bonding through quality creative time. We'll set up art stations for you to explore at your leisure. a great time to create some handmade gifts, decorations and fun.
- Creative Kids Veterans' Day Mini Camps** - Monday & Tuesday, November 13 & 14th, 2:00 p.m. - 5:00 p.m., Ages 5-12
- Creative Kids Thanksgiving Week Camp** - Nov. 20-22, 9:00-3:00, Ages 5-12, \$180.
- Creative Kids Winter Break Camp** - December 18th -22nd, 9:00 a.m. - 3:00 p.m., \$300. (1/2 day options available.) Kids will have a great time creating with reusable materials in the Green Art Labs Camp. STEAM learning: designing, planning, creative thinking, problem solving, collaborating and hands-on fun while learning about sustainable ways to live lightly on our planet. Take home what you make. Snack included. Studio time and park outing for lunch and playtime. Sign up soon as this is a day off for most school-aged kids.

**For more info and sign up** contact Joan Green: joan@greenartlabs.com, (619) 206-6613. www.greenartlabs.com

**YES! Grow Your Own Art Practice in 2018** - Sunday, January 14th, 1:00 p.m. - 5:00 p.m., \$75. Have you had the idea that making some sort of art REGULARLY would feed your soul? AND, has it been difficult to get started or keep going? OR you don't know what project to do or where to start? This workshop is designed to help you get started and keep going! Can be in any disciplines of art: visual, dance, music, writing or drama. Small investment in living a BIG life! No art experience needed! Info/RSVP: Tish 619-251-8474 or tish@ExpressiveArtsSanDiego.com.

Schedule subject to change, call to RSVP and confirm.

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→ **See back for more offerings & info!** ←

## Plan Ahead! 2018 Groups are right around the corner and they fill fast!

Join Us!

**Visioning Journal Groups - New 12-Week Group Starts January 4th** Thursdays, 1/4/18- 3/22/18. Sign up for Morning Group: 11:00 am - 1:00 pm OR Evening Group: 6:00 - 8:00 pm, \$450. includes your basic materials. Set your intention(s) and work with it through a visioning practice to feed your creative spirit AND work toward your intention! This can become a life-long practice that is vibrant, personal, satisfying and keeps your intention alive, as you work toward it. And, make art in community! No experience needed, just the desire to take your life and your art making deeper! RSVP— Payment holds your spot. RSVP/info, contact Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

Join Us!

**So You Want to Write a Book? New Group Starts January 8th!** Mondays, 1/8/18- 3/26/18, 6:00 - 8:15 p.m., **12-week commitment**, \$450. Have you had the idea that you would like to write a book, or write anything? This on-going two-hour+ group is designed to support /you in your writing—work through stuck-ness, celebrate successes, support and receive support from others. This is not a how to write class, though we will do writing exercises that will help you find your voice. You do not need to know what you want to write. Writing is a solitary process, the support of the group can help you feel connected to others when writing. RSVP/info, Tish: 619-251-8474 or tish@ExpressiveArtsSanDiego.com

## Regular Event Descriptions

\*Events included in the 30 Day Pass for \$99

**\* Open Studios - This Month: Mondays 1-3:00 p.m. & Wednesdays 7:30-9:00 p.m.** Bring a project you are working on, finish a piece started in one of our classes, or start something new. You will work on your own, we will be there to assist if needed. Drop in for all or a little. \$10.

**\* Women's Expression Session - Tuesday 10:00 - Noon, \$20.** How are you at taking time for you? This is an attitude adjustment with art- you can de-stress from work, drop the kids at school and come play, return to your to-do list with a new outlook. I take care of the project & materials you just come relax, play in the arts & maybe have an insight that helps create change!

**Let's Listen - 1st & 3rd Tuesdays - 6:30 - 8:30 p.m., \$10 donation.** Learn to listen to the person who is speaking rather than our minds that are chattering away! Learn to identify when you stop listening and what you can do when you are activated by the ideas of another. For more info contact: Michael Robinson 360-301-3198 or michael.s.robinson@gmail.com

**\* The Music Collective - 2nd & 4th Tuesdays - 7:00 - 9:00 p.m., \$10 donation.** Singers, Songwriters, Musicians & Music Lovers, perform & collaborate with other musicians, singers & songwriters. Network, get feedback, book gigs & build a following. All levels welcome, beginners to experts. Audience welcome & essential! Contact Ray Muniz, 619-318-2315, rainman94@cox.net

**\* Paint to Music - Every Wednesday - 6:00 - 7:30 p.m., \$20.** Release stress and tension from your day while creating a one-of-a-kind painting! Playful and fun, and a chance to work with your critic if it comes up. Turn up the tunes! RSVP (Price includes Open Studio after, 7:30 - 9:00 p.m.)

**\* Art Happy Hour - Every 4th Friday - November 24th, 7-11:00 p.m., \$20,** Drop-in for all or a little. Kindergarten for adults! Great way to start your weekend, I will have materials set out and you can come play, enjoy conversation or just relax. Leave with original art that you created!

**\* Art Church - Art as an Inner Journey - Every 2nd and 4th Sunday 10:00 a.m.- Noon, \$20.** This is "inner church," a chance to make art from a slow, quiet place, yet still be in community. Use the arts to have a conversation with yourself and connect to our longings and gifts.

### FOR KIDS:

**Creative Families -** Parent and toddler ages 2-5, Mondays, 10-11:00am.

**Creative KIDS After School Classes:** Mondays &/or Tuesdays 3:30 p.m. - 5:00 p.m.

For info contact Joan Green: joan@greenartlabs.com (619) 206-6613. www.greenartlabs.com

BOOK NOW!

- **CUSTOM WORKSHOPS for Your Organization - Facilitated art making that is easy, fun, creates community and can work with specific challenges of your organization. Also a great field trip for schools or scout troops.**
- **Facilitated ART CELEBRATIONS for birthdays, anniversaries, retirement, bachelorette parties, wedding showers, baby showers, even weddings and memorial services. Fun and memorable! No art experience needed for your guests!**
- **Custom ART HAPPY HOUR, Paint to Music or, any of our offerings can be adapted for your family, group or company, great for team building!**
- **Studio rental available for your workshops, classes, private practice or events.**

**On-going studio rental for your classes, groups or private practice. (\$30/hr)  
Call for more info and Current Availability**

### GREAT GIFT ITEMS!

- Passes
- Gift Certificates
- Scribble Book
- Art, Cards, Magnets and More!

**This is an Expressive Arts Studio...**  
where we focus on the PROCESS of making art rather than the end product. Our goal is to create a safe place for you to use the arts to help you work through challenges, create change and have fun. We believe that art is helpful, art is healing, art relaxes, art inspires, art changes us, art changes the world we live in and a whole lot more!

Visual • Movement • Music • Drama • Writing

Skype & Phone Sessions, too.

## Expressive Arts Therapy Individuals, Couples & Families

**NO ART EXPERIENCE NEEDED!**

1.5-hour for adults, 1-hour for children.  
Great support for your life to help you manage stress, create change, live a more satisfying life or to just feel more artful.

Working with all life issues such as **anxiety**, illness, work, **relationship**, parenting, **grief**, addictions, eating disorders, **depression**, **stress**, trauma, self esteem, unresolved childhood issues and **unblocking** creativity.

Also offering **EFT (Emotionally Focused Therapy)** for couples combined with Expressive Arts.

Can be playful and powerful.  
Tish Sjoberg, MA, CAGS  
Expressive Arts Therapist

**Free 30-minute consultation to see if it is a good fit for you!**  
**Call for an appointment: (619) 251-8474**

**Expressive Arts**  
@ 32nd & Thorn

Please RSVP for all events and for more information: 619-251-8474 or rsvp@ExpressiveArtsSanDiego.com  
All offerings held at **Expressive Arts @ 32nd & Thorn** • 3201 Thorn Street, San Diego, CA 92104  
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• Schedule subject to change, call to RSVP and confirm • Work/study available, when possible, no one turned away for lack of funds